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Your essential daily news | wednesday, June 10, 2015

Kids' walk halted

HEALTH AND WELLNESS

Province stops school program in its tracks



Stephanie **Taylor** Metro | Halifax

Staff at the Ecology Action Centre are shaking their heads as to why the province would pull the plug on a long-standing initiative that encourages kids to be active by finding safe ways for them to walk to school.

Janet Barlow, active transportation co-ordinator with the Ecology Action Centre, said around \$105,000 in funding for their school travel-planning program was slashed in the provincial budget, released in April.

For more than 12 years, she said, the money provided 24 schools provincewide with access to co-ordinators, who would help staff and parents brainstorm strategies to promote walking and bicycling amongst students.

Nine of the 24 schools are located in Halifax, including John MacNeil Elementary, Westmount Elementary and Ecole LeMarchant- St. Thomas Elementary.

Barlow said the program was one-of-a-kind for encouraging

active transportation in kids, from working with police to reduce speed limits to organizing an adult-led walking school bus.

"The walk to and from school can provide up to half of the daily physical activity requirement that kids need," Barlow said Tuesday. "It's an easy way to get that physical activity in."

Barlow said staff recently met with the Department of Health and Wellness to ask that the cuts be reversed but were ultimately told no.

"It's a successful program; it's the only program of its kind. It filled the government mandate of health promotion and prevention, and they're cutting us off."

Barlow now fears that unless they find other funds, the program will cease to exist, as school staff, burdened by an already heavy workload, depend on outside support.

"This was a year in which we made some very, very tough budget decisions," said Leo Glavine, provincial health and wellness minister.



It brought a spirit and a sense to remind people in the winter to get outside.

Michelle Watson, parent





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Your essential daily news

Duceppe back on top of the Bloc. Canada

Bar taps into a new location

Stillwell Bar set to open beer garden on waterfront



Zane Woodford Metro | Halifax

There's a new fixture on tap on the Halifax waterfront this summer: Stillwell Bar is cracking open Stillwell Beergarden.

Chris Reynolds, one of three co-owners of the bar and the garden, says he hopes to be serving up suds by the end of the week.

"It's a moving target," he said Tuesday. "Basically, there's things that need to line up, construction that needs to get finished...'

The new structure — situated at Summit Amphitheatre on the waterfront - was designed by Eric Stotts of Skin + Bones, and put together by CTS Container & Trailer Services in Dartmouth. Reynolds says it's faster and easier to use a shipping container than to build from scratch, and it's the right look for Stillwell.

"It's kinda sexy," he said. "And it kinda goes really well with our esthetic at the bar. It's very clean, slightly industrial and it's also not very

Reynolds expects the crowd at the beer garden to be a mix of regulars from the bar and tourists exploring the Halifax



Stillwell co-owners Andrew Connell, left, Laura MacDonald and Chris Reynolds pose for a photo in front their new beer garden location on the Halifax Waterfront. JEFF HARPER/METRO

waterfront.

"We're definitely expecting lots of questions about exchange rates," he said.

Beer tourism, Reynolds says, is a growing industry. He says travellers, especially from the United States where, he says, the craft beer industry is decades ahead want local beers when they come to Halifax.

Like many of those small brewers on tap at Stillwell,

It's pretty hard to argue against entirely Nova Scotian products served on the waterfront.

Chris Revnolds, co-owner of Stillwell Beergarden. on the Waterfront Development Corporation's response to the idea

the bar is a family business, run by Reynolds, his sister, Laura MacDonald, and her boyfriend, Andrew Connell.

"We're a small family oper-

ation serving products made by small family operations.'

Stillwell takes a DIY approach, installing its own taps, and hoping when it

brings in beers from local brewers such as Boxing Rock and Uncle Leo's, the people will come.

So far, that approach is working.

"We're one of the most popular places in the city," he said. "And that is on the strength of the brewers' work that we are dedicated to."

Reynolds hopes that success will translate to the water-

BACKGROUND

Tenants will decide if new initiative is working

The idea of a beer garden at Summit Amphitheatre was an easy sell to the Waterfront Development Corporation, which owns the land.

Corporation president Colin MacLean says Stillwell Bar approached his organization with both the idea and location.

After getting some feedback from the other waterfront tenants, the corporation decided to agree to a one-year trial with the bar.

MacLean says the development corporation has been trying to bring in more local businesses to the waterfront, and that factored into this decision.

"Presented with the choice between something that's locally oriented and something that is off the rack, so to speak, then I think as a Crown corporation for Nova Scotia, we'd try to encourage the local entrepreneur, and the local product, the local service," he said in a phone interview Tuesday.

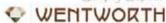
MacLean says after this summer, the corporation will consult with its tenants and other downtown establishments to decide whether Stillwell Beergarden is a good fit.

ZANE WOODFORD/FOR METRO

Nestled off Larry Uteck Boulevard in Halifax

TOWNHOUSES, TOWNHOUSE CONDOMINIUM, SINGLE FAMILY HOMES

Streety Supert









Children from Sir Charles Tupper School's running club run a small race during a Bluenose Marathon launch event at city hall in 2014, JEFF HARPER/METRO

Stop worrying and learn to let your kids play outdoors

Canada's kids get low marks for physical, healthy lifestyle



Stephanie Taylor Metro | Halifax

For parent Michelle Watson, encouraging her kids to go outside and play comes easily because her son and daughter both love the outdoors.

But even with active children, she says, it's a struggle to find enough time in the day for her kids to exercise, when most of their days are spent inside of a

Coupled with the instinctual protective worry parents feel toward their children, Watson believes getting kids outside poses a real challenge for many

"Child safety is our utmost concern," Watson said. "And I think a lot of us, in our busy lives, in order to feel like our children are safe, we make sure we do drive them everywhere."

On Tuesday, ParticipACTION, a national organization that encourages physical fitness and sport among young people, released its annual physical activity report card, which paints a dismal picture of our children's

Overall physical activity and sedentary behaviours both scored a D-minus, the lowest of all 11 grades, in the report.

Parents keeping children indoors out of fear for their safety is a major barrier to their health, the report warns, adding that kids who spend too much time indoors will be less resilient and, in turn, more susceptible to chronic illnesses in the long run.

'We're looking at dealing with a health crisis with people who are growing up mainly being sedentary their entire lives," Rhonda Lemire, executive director with Recreation Nova Scotia, said Tuesday.

Lemire believes the benefits of outdoor play are endless, from encouraging exercise and exploration to developing a sense of independence, creativity and appreciation for nature.

Especially in a province home to such vast forests and waterways as Nova Scotia, she added.

We're all going to get scrapes and bruises — even as adults," Lemire said. "And if children aren't navigating the outdoors as young children and trying to figure out how to balance, how to climb, how to do that safely, as adults they just won't do it.

Lemire agrees with the report, which calls for governments to improve children's access to outdoor play, as well as for educators to take their lessons outside the classroom whenever possible.

DON'T HOVER: REPORT

According to the report, children and teens are less likely to engage in higher levels of physical activity if a parent or adult is nearby.

The report says kids with access to unsupervised outdoor play have a "better-developed" set of motor and

social skills, as well a greater sense of independence and abilities to handle conflict.

Kids who spend too much time indoors have increased exposure to common allergens, including dust, mould and pet dander, says the



Krysta Brownell leads children through some physical activies in 2012. JEFF HARPER/METRO

CANADA'S KIDS NOT MAKING THE GRADE

Here is the complete list of the grades handed out by the ParticipACTION report card, in the 11 different areas of youth fitness. as evaluated:

BEHAVIOURS THAT CONTRIBUTE TO OVERALL PHYSICAL ACTIVITY:

OVERALL PHYSICAL ACTIVITY



ORGANIZED SPORT & PHYSICAL **ACTIVITY PARTICIPATION**





SEDENTARY BEHAVIOURS



SETTINGS & SOURCES OF INFLUENCES:

FAMILY &



SCHOOL



COMMU-NITY & **ENVIRONMENT**



STRATEGIES & INVESTMENTS:

GOVERN-MENT



NON-**GOVERN-**MENT





We're competing will cellphones and video games and television and movies and computers.

Rhonda Lemire.

executive director of Recreation Nova Scotia

metr

NEWS | Halifax Wednesday, June 10, 2015

Police seek man in suspected theft

Two men allegedly stole kitchen mixers from a Sears

Halifax police are asking for the public's help in finding a man they allege was involved in a theft from a Sears in Dart-

According to police, officers responded to a report of a theft at a Sears store in Dartmouth, on May 21 around 3:30 p.m.

They say two men each stole a kitchen mixer, then fled the store on foot.

Police said they have since arrested and charged one of the men.

The second man has still yet to be found. Police describe him as a man of Middle Eastern background in his 30s,

who is bald and has tattoos on his upper arm.

Police report that at the time of the theft, the suspect wore a white T-shirt with a large grey clover imprint, black-and-white plaid shorts, blue sneakers with white soles, as well as sported a pair of white sunglasses on his head.

Anyone with information in regards to this man is asked to contact Crime Stoppers.



Police seek help finding this man, suspected of theft from Sears. POLICE HANDOUT

MENTAL HEALTH

Minister to examine access to care at IWK

Compassionate

of health-care

delivery.

Leo Glavine



The case of a teenage girl being turned away from the IWK Health Centre appears to be a "flashpoint" for the system, the health minister said.

Health Minister Leo Glavine said Tuesday he hadn't been able to sit down with IWK staff yet to get full details in the 14-year-old's case, but any-

time a Nova Scotian is unsatisfied with health care is "very upset-

point for us to really take a look at (this); do we do the best triaging and make every

accommodation, no matter what the physical or mental state of a person is?" Glavine asked reporters after a stop at a blood donor clinic.

On Sunday evening, Halifax police responded to the IWK to assist its security team in removing a teen from the area.

Lily, who according to her mother has a developmental disability, was turned away after being told her mental health crisis was a behavioural issue.

When asked if he would be ordering a review into how Lily's case was handled, Glavine said he needed to know more about the situation in order to determine if the best protocols were followed. For instance, whether the teen gained full entry into the hospital and what assessments were made on Sunday before she left.

Glavine said while it's unfortunate to have even one case that doesn't get what may be the most appropriate treatment immediately, he will learn more about Lily's situation Wednesday and find out "what measures may need to be taken."

Lily's mother told media

Monday she wasn't upset with the IWK staff or police, who took "It is a flash- care has to be part away after she assaulted multiple people, but with the system that failed her ability to access care im-

mediately. Lily was later admitted after the police returned her to the IWK.

Mental health care will be one of the biggest medical issues in the coming decades, Glavine said, adding it will be important for the provincial health authority to inform government where there any gaps are and how resources should be spread out.

"It is not necessarily another psychologist, psychiatrist, but rather it is a community of people who are responding," Glavine said."We still have a ways to go, and my commitment is to see tangible improvements in the coming year."



A teen was turned away from IWK Health Centre on Sunday. METRO FILE PHOTO



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'Particular need' for blood donations

HEALTH SERVICES

Record winter saw 60 clinics cancelled



Haley Ryan Metro | Halifax

The Atlantic region of Canadian Blood Services set a record this winter it really didn't want to hit.

A brutal winter of snow storms and freezing rain led to icy sidewalks and treacherous conditions everywhere. The Atlantic director of donor relations for Canadian Blood Services said 60 clinic days were lost across the region due to weather — "far more than we've ever had before.'

"It's kind of a double impact for us," said Peter MacDonald Tuesday during an event marking National Blood Donor Week, which runs June 8 to 14 at Canadian Blood Services on Bayers Road.

When that clinic is cancelled, we lose the opportun-



Pierre Longtin



Health Minister Leo Glavine speaks with plasma donor Melissa Jimmo during a stop to the Halifax Blood Donor clinic on Tuesday. JEFF HARPER/METRO

ity to rebook donors as well."

MacDonald said they have been playing catch-up when it comes to their targets over the past couple of months due to the cancellations, so it's vital to have blood clinics filled to capacity in June since "hundreds" of units are needed to replenish their inventory.

"Right now there is a particular need," he said.

Machines whirred and beeped Tuesday as a handful of

people sat in the chairs while tubes linked their arms to the machines taking whole blood, platelet or plasma, including Pierre Longtin, who was making his 161st donation.

Longtin, 50, said he's a match with someone in the IWK Health Centre and in Edmundston, which makes the donation more real, knowing there's someone waiting on the other end.

"It's great. It makes me feel

like a superhero," Longtin said with a grin.

MacDonald said most plasma and platelet donations take less than an hour, and you can return to donate them again within 14 days, since your red blood cells are returned to you during the process and it's easier to recover.

Go to blood.ca or use the GiveBlood app to see if you're eligible to donate, and to book an appointment.

Man charged with sex assault of teen

Halifax police have arrested and charged a 45-year-old man with sexual assault on a teenage boy.

According to police, a patrol officer came across a parked car at the end of Waterfront Drive in Bedford on Sunday around 1:30 a.m.

As the officer approached the car, police say he observed "suspicious activity" inside.

It was later determined that a man had sexually assaulted a 15-year-old boy.

Police say they arrested Craig Howard Potts, 45, of Hammonds Plains at the scene.

"We're talking about a 45-year-old man that sexually assaulted a 15-year-old boy,"

said Halifax Regional Police spokesman Pierre Bourdages.

Police say the two had not known each other, except for previous communication on-

Potts remained in police custody over the weekend and appeared in Halifax provincial court Wednesday, to face charges of sexual assault, sexual interference and unlawful confinement.

Bourdages said Potts had since been released on house arrest, with the conditions that he cannot be around children under the age of 16 or use devises that can access the Internet. STEPHANIE TAYLOR/METRO

Cabela's store promises 150 jobs

American camping and hunting sore Cabela's is coming to Dartmouth Crossing.

The popular outdoor equipment retailer announced Tuesday its expanding into Halifax Regional Municipality, with the official news release out of Sidney, Nebraska, stating it plans to open up shop near the intersection of Lakeview Drive and Wright Avenue.

'Nova Scotia truly embodies the Cabela's lifestyle and is a perfect fit for our company,' CEO Tommy Millner said in the news release.

"Thousands of outdoor enthusiasts call the province home and many more visit the area

for its world-class outdoor opportunities and adventures," he said. "Additionally, the store's location in Halifax will put us in close proximity to many of our customers and offer convenient access.'

Cabela's Incorporated said North American Development is leading the project, with construction on the 50,000-squarefoot facility to start in 2016, in time for a 2017 opening.

The company expects to create 150 full-time, part-time and seasonal jobs at the score, "most of whom would come from Halifax and the surrounding area,' according to the news release. KRISTEN LIPSCOMBE/METRO

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- Linda Jacobs, The Hamilton Spectator, Ontario



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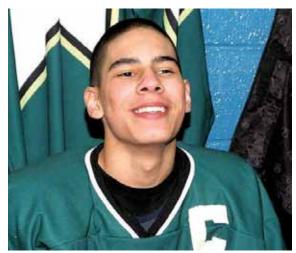
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metr®NEWS Halifax Wednesday, June 10, 2015



Clayton Cromwell in a family photo. Cromwell was awaiting a court appearance for an alleged violation of probation in a drug-trafficking case. THE CANADIAN PRESS

Mom sues N.S. over jail death

CORRECTIONS

Son overdosed on methadone that he was not prescribed

The mother of a Nova Scotia man who died in jail from a methadone overdose is suing the province, alleging a lack of control over a potentially deadly drug led to his death.

Twenty-three-year-old Clayton Cromwell was found unresponsive in his cell in the Central Nova Scotia Correctional Facility in Halifax on April 7, 2014.

Cromwell was awaiting a court appearance for an alleged violation of probation in a drug-trafficking case.

Methadone is provided to some inmates by nurses with Nova Scotia Health Authority to treat addictions, but it remains unclear how Cromwell received it. A medical examiner's report stated that he hadn't been prescribed methadone.

The notice of action filed last week by Clayton's mother, Elizabeth Cromwell, alleges the jail failed to set up sufficient safeguards to prevent the flow of the potentially dangerous drug through the prison.

The statement's allegations haven't been proven in court, and a provincial spokesman says the province is expecting to file a statement of defence soon.

Devin Maxwell, the lawyer representing the family, said



The statement of claim includes 10 other allegations, including that the jail was overcrowded, that supervision was inadequate, that there weren't enough guards and there weren't enough searches.

an internal investigation report provided to the family doesn't resolve how the young man obtained methadone.

"That's what I still want to know," Maxwell said. "How did he get those drugs?"

Maxwell said he expects the legal process will include subpoenas for information from the Halifax police investigation into that issue.

However, the lawyer said, the report does provide useful information and prompts further questions.

Maxwell said the July 22, 2014, Justice Department report states that another inmate overdosed on methadone the day before Cromwell died.

The lawyer said the report says the men were locked in their cells, but it doesn't indicate if a search was carried out.

"To me, if somebody overdoses on the unit ... I would conduct a search and I would check all the other inmates on the unit to ensure they hadn't taken the same thing the guy who had overdosed had taken," he said.

THE CANADIAN PRESS

CRIME

Police searching for third suspect after woman carjacked by would-be invaders

Police in Dartmouth had three people in custody on Tuesday over an alleged confinement incident on Monday night.

The RCMP says the victim, a 25-year-old woman, was leaving a store in Porters Lake at about 9:45 p.m. when two armed men forced her into her vehicle and told her to drive.

The suspects allegedly led the victim to a home in West Chezzetcook and then tried to break in using weapons. They failed to get in, stole the victim's vehicle and fled the scene, police said.

The victim was not injured, and her vehicle was found behind the Superstore in Porters Lake.

TARGET

The RCMP says this was not a random incident.

With the help of Halifax Regional Police, the RCMP managed to track down the suspects at a home on Pondicherry Crescent in Dartmouth.

They arrested a 19-year-old man, a 17-year-old girl and a 16-year-old boy.

Later on Tuesday, police said the 16-year-old was released without charges and that they were looking for a third suspect but gave no description. METRO

Open Letter to Halifax Water Employees and Customers



Halifax Water has one of the most generous Indexed Defined Benefit Pension Plans in Atlantic Canada, but is very expensive to maintain. For every \$1 an employee contributes, Halifax Water (our customers) contributes \$2. This imbalance seems unreasonable given most Halifax Water customers do not have an employer sponsored pension plan. Our objective is to provide a pension plan that is still "top tier" in terms of quality, but more sustainable and affordable. At the last actuarial valuation carried out on January 1, 2014, the plan had an actuarial going concern deficit of \$27.1 million. The employer (through our customers) is obligated and committed to pay the current deficit.

Current retirees will not be impacted by pension plan redesign. Any changes will be on a go forward basis. Employees that are close to retirement will not see much impact to their pension income as benefits earned to date will remain unchanged. For newer employees the retirement income from a revised plan will still provide for a comfortable lifestyle and compare favourably to other public sector defined benefit pension plans.

The pension plan is for the benefit of non-union, management and unionized employees. Changing the pension plan will help ensure all employees at Halifax Water have a pension that is fiscally responsible and affordable well into the future.

For information on the current pension plan and how it compares to other defined benefit pension plans, please go to http://www.halifax.ca/hrwc/labour-disruption-collective-bargaining.php

NDP on rise, Grits falling: Poll



Premier Stephen McNeil METRO FILE



NDP interim Leader Maureen MacDonald METRO FILI



Tory Leader Jamie Baillie METRO FILE

port: 50%

POLITICS

Tories remain flat in latest quarterly result

Zane Woodford Metro | Halifax

A political scientist in Halifax says a new poll is good news for the provincial NDP, bad news for the Progressive Conservatives, and a cause for concern for the governing Liberals, though it's not a "mortal wound."

The poll, by Halifax-based Corporate Research Associates, shows the Liberals down eight points to 50 per cent support, the NDP up nine points to 27 per cent support and the PCs down one point to 19 per cent.

"The NDP should take a lot of solace from these numbers because they don't have a permanent leader in place, and they're in a rebuilding phase," Mount Saint Vincent University political scientist Dr. Jeff MacLeod

said Tuesday. NDP interim Leader Maureen MacDonald made gains in the polls, too, jumping from 12 to 20 per cent preference with voters and moving two points ahead of the permanent leader of the official Opposition PC party, Jamie Baillie.

MacLeod says the NDP win in Alberta "can't hurt" the Nova Scotia NDP, but "more likely, it's a result of the government's performance than activities in the western provinces.

The government satisfaction numbers back that claim up, with the Liberals down 10 points from 60 per cent in February. And 41 per cent of Nova Scotians polled now say they're dissatisfied with the government, up from 27 per cent in February.

MacLeod says that fall in satisfaction comes from the government's own failure to control the message after April's provincial budget, with issues like the cut to the film tax credit taking centre stage.

After that controversy, Mac-Lean says the numbers could've been much worse for the McNeil government.

There could be some sighs of relief going around the Liberal cabinet table," he said.

DETAILS

The poll surveyed 801 adult Nova Scotians from May 7 to June 1, with a margin of error of plus-or-minus 3.5 percentage points. It is accurate 95 out of 100 times.

MacLeod cautions polls are merely a snapshot, and shouldn't be given too much weight.

Plan Shannon Park

Canada Lands Company is pleased to invite you to its Ideas Fair



Planning for the redevelopment of Shannon Park is a multi-stage process. At this initial stage we value the opportunity to share and gain insight on Shannon Park's history, environment, surrounding neighbourhood and its possible uses.

Canada Lands Company is hosting an Ideas Fair which will enable participants the opportunity to engage in lively conversations. Members of the community will be encouraged to share their knowledge about the property and their ideas, hopes and vision for its future redevelopment. If you are interested in attending, please indicate which of the two identical sessions you will attend. Light refreshments will be served. Thank you.

RSVP: shannonpark@clc.ca

Date: June 24, 2015

Time: Session #1: 4:00 - 6:00pm / Session #2: 7:00 - 9:00pm Location: Shannon Park School gym (75 Iroquois Drive, Dartmouth)



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Rescued fisherman reported doing OK

FISHING

Ferry picked up man with broken neck, fractured skull

A Nova Scotia scallop fisherman, rescued on Sunday night by the crew of the Princess of Acadia, was sitting up and enjoying a Tim's coffee at the QĔIĬ hospital in Halifax on Tuesday.

Clayton Joudrey's sister wrote an email to the Digby Courier to is very thankful to a lot of people - the crew of the Princess, the doctor and nurses on board, and the

crew on his fishing boat. "Clayton's doing OK," wrote Tammy Naugler of Coldbrook.

"Break in his neck, fractured orbital bone and a fractured skull. But he's awake and enjoying a Tim's coffee.'

Joudrey, who is from Berwick, was injured while scalloping Sunday aboard the Compass Rose II on the Bay of Fundy.

The Joint Rescue Coordination Čentre in Halifax dispatched the Digby Saint John ferry to pick up the fisherman about 5:30 p.m. Sunday.

The ferry diverted about kilometres from its course, lowered a (Clayton) said ... to lifeboat and say the fisherman **make sure to thank** brought the his crew and the injured fisher-

Tammy Naugler

man aboard, crew of the Acadia. where a doctor and two nurses who were passengers on the ferry were able to tend to him during his trip to Saint John. DIGBY COURIER



Clayton Joudrey of Berwick is recovering in hospital after a serious accident while scallop fishing Sunday. DIGBY COURIER

Man on picket line hit by tractor-trailer

Halifax police are investigating a vehicle/pedestrian collision after a Halifax Water picketer was hit by a tractortrailer on Tuesday.

Just after 10 a.m., police said they responded to a collision at 209 Waterfront Drive in Bedford, where a man in his 50s had been hit by a tractor-trailer entering the property.

According to a release, the man suffered non-life-threatening injuries and was taken



No charges have been laid and police said the collision is under investi-

to hospital by paramedics.

CUPE, the union representing Halifax Water during their strike, said the man was picketing when he was hit.



IN BRIEF

Free summer concerts kick off this weekend

The Halifax Public Gardens free summer concert series kicks off this weekend.

An annual tradition, the concerts run every Sunday between June 14 and Sept. 20, with music in the central Halifax park from 2 to 4 p.m. at the bandstand next to Horticulture Hall.

Opening day this Sun-

day features summer concert staple the Port City Concert Band.

Other bands playing in the park this month include John Alphonse and the Waterfront Stompers Dixieland Band and Opus 1, Halifax Regional Municipality announced Tuesday.

Visit halifax.ca/publicgardens for a full list of this summer's performers.



10 Wednesday, June 10, 2015 Halifax | metr@NEWS



A Glace Bay High School student is all smiles, now that her school's administration has relented on an earlier decision and will now allow limousines such as this one for prom. CAPE BRETON POST

School lifts ban on limos for prom

GLACE BAY

Administration had concerns students would bring alcohol

There will be lots of traffic in front of Glace Bay High School on prom night — including limousines.

A new school policy implemented a few weeks ago banned limos from the prom, but Grade 12 student Julia Ellsworth said officials had a change of heart on Monday.

"I'm very happy about that, all the students are," she said.

Ellsworth said students were upset over the limo ban.

"They just kind of threw (the ban) at us at the last minute. (School officials) were judging us all together, assuming we're going to drink."

She said the 14 friends travelling with her in the limo all agreed there would be no alcohol.

She said on Monday school administration called potential grads to a meeting and said limos would be allowed, although the ban on rented buses remains in place.

Ellsworth said she isn't sure how many limos had been booked or were cancelled.

"I know some people are trying now to get them."

The issue of the high school banning students arriving by limos or buses started a firestorm on social media with parents standing behind their children.

Ellsworth's father Dave and mother Meg booked a limo for her in April and paid a nonrefundable deposit.

Two weeks ago, parents received a list of rules for prom night from the high school, which stipulated any students arriving for the prom by limo

or bus would not be allowed to attend.

Dave Ellsworth said they are 100 per cent in agreement that students who have consumed or are in possession of alcohol should not be permitted into the prom. However, he said a limo is a prom tradition and his daughter and her friends agreed to a no-alcohol rule.

Greg MacPhee, owner of Silver Star Limousine in New Waterford, was pleased to have the ban lifted.

He said the school's ban implied limos and bus companies are allowing underage drinking.

"For a school prom, kids are underage, there's a no-alcohol rule. There's absolutely no time I would allow it. We are running professional businesses. Our names mean everything." TO MEDIA



If we had let the school dictate how students arrive for the prom, it would affect generations to come.

Dave Ellsworth, father of a student



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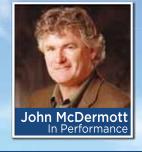
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MAIN STAGE SCHEDULE

Friday, June 12th

9:10am reimagine!

Valerie White, Welcome

9:20am Dr. Rankin MacSween, Health

Care, oneNS, and Seniors

9:40am Dr. Keri-Leigh Cassidy, Change Begins from Within

9:55am Dr. Sam Campbell and Team,

Choosing Wisely

10:25am Dr. Cindy Forbes,

Strategies in Senior Care

10:40am Questions & Answers

10:55am Closing Comments

11:00 am Emcee Walk About/Live Interviews With Exhibitors

11:10am Stadacona's Dixie Band

11:30am Colour Party

1:45pm Emcee Walk About/Live Interviews With Exhibitors

2:30pm John McDermott, Guest Performer

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Saturday, June 13th

9:00am Tony Quinn, Welcome

9:10am Bruce Miller, Wellness Through

Laughter

10:10am Cliff Le Jeune, Dance Nova Scotia

Join the Movement!

11:00am Barry Yhard, PTSD And Me

Noon Dr. Bill Thomas, Keynote Speaker

Aging: Life's Most Dangerous Game

1:50pm Bill VanGorder, Advocating the Imagined to Reality

2:30pm John McDermott, Guest Performer

4:00pm Valerie White, *reimaginel*, Doing Things Differently

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Family funerals, fishing trips, hockey games and enough cellphone roaming charges to make a telecom CEO blush: Canada's auditor general laid bare the Senate's expense-account excesses Tuesday as he called for independent oversight to teach the upper chamber some respect for the public purse.

Michael Ferguson's 116-page report, released Tuesday, details a litany of expense claims that suggest a number of senators were oblivious to the costs they were racking up, or were otherwise cavalier in their spending.

The report outlines about \$977,000 in questionable spending — much of it on travel.

Five specific cases involved the question of primary and secondary residences — the same issue that landed Mike Duffy, Mac Harb and Patrick Brazeau before the courts.

Auditor general Michael Ferguson's office spent \$24 for every dollar of dubious spending by senators he uncovered, but he insists it's money well spent. Ferguson's audit of Senate expenses is forecast to cost \$23.6 million.

Ferguson described a "strongly held belief" among senators that they didn't need to justify their spending. That culture is what led to the current problems.

"What struck me ... was the depth to which a number of senators simply felt that they didn't have to account for, or they didn't have to be transparent with, their spending," Ferguson said. THE CANADIAN PRESS

Duceppe to reprise role as Bloc leader

The Bloc Québécois is turning to a familiar face to lead it into this fall's federal election in a bid to revive its flailing political fortunes.

Gilles Duceppe is returning as leader of the Bloc, reprising a role he held for 14 years before the sovereigntist party was nearly wiped off the electoral map in 2011.

À source told The Canadian Press on Tuesday that Mario Beaulieu, the current leader, will remain in the fold as party

The Bloc has called a news conference for Wednesday morning in Montreal that Duceppe and Beaulieu are both scheduled to attend.

Currently, the Bloc has only two MPs out of 75 in Quebec and has been rife with division since Beaulieu's election as leader in 2014.

Duceppe, 67, was an MP for 21 years and served as Bloc leader between 1997 and 2011. THE CANADIAN PRESS

Auditor general calls for outside oversight Edmonton mourns

Police officer killed during hate crime investigation



Ryan **Tumilty** Metro | Edmonton

When Edmonton police attempted to enter Norman Walter Raddatz's house on Monday night, they were answered with a torrent of gunfire that struck two officers and claimed the life of Const. Daniel Woodall.

Edmonton Police Chief Rod Knecht released new details Tuesday on the hate crimes investigation that eventually led to Woodall's death.

"The case that led to last night's events was a lengthy hate crimes file with evidence dating back to Feb. 2014," Knecht said. "The online hatred and bullying of an Edmonton family had become extreme and the family members were increasingly worried about their personal safety."

Eight officers arrived to arrest Raddatz, 42, on Monday evening, on a charge of criminal harassment, Knecht said.

After attempting to breach the door, gunshots ensued and Woodall was hit and killed, Knecht said. Edmonton police Sgt. Jason Harley was injured, but has since been released from hospital.

Knecht said when the shooting began, officers were pinned down by gunfire for at least 10 minutes, unable to move or return fire as bullets streamed



evening that claimed the life of Const. Daniel Woodall. BRIAN TRUSCOTT/FOR METRO



Edmonton is a safe city because by and large, good people live here.

Edmonton Mayor Don Iveson

from the house.

We now know that 53 bullet holes were found in the house and garage across the street from the residence, some of those bullets passed right through the house, which speaks to the power of the weapon being used."

After the shootout, Raddatz's house caught fire and ultimately

burned to the ground, but police aren't sure how it began

Knecht confirmed that police believe a body they recovered from Raddatz's burnt-out house is his. However, Knecht said police are waiting for an autopsy to confirm the cause of death.

Condolences for the fallen officer poured in from across the city and country.

Mayor Don Iveson spoke Tuesday and said it was a devastating loss for the community, but more importantly for Woodall's family.

"As your mayor, I reflect the sadness I feel in the community, but I feel this most deeply as the father of young children,' Iveson said, holding back tears.

He said Woodall represented

Edmonton's finest.

"Edmonton is a safe city because by and large, good people live here. The very bravest and best among us step forward to become first responders, just like Const. Woodall and Sgt. Harley."

Alberta Premier Rachel Notley also expressed her grief in a statement released Tuesday.

"Last evening, I was heartbroken to learn that an Edmonton police officer, Const. Daniel Woodall, lost his life in the line of duty. I offer my sincere condolences to his family for their devastating loss."

Prime Minister Stephen Harper added his condolences and said the shooting was reminder of the sacrifice police make.



🛑 IN BRIEF

CBC cuts ties with **Power and Politics host**

CBC has fired host Evan Solomon, Torstar News Service reported that he was taking secret commission payments related to art sales involving people he dealt with as a host.

Solomon, 47, is the host of Power and Politics on television and The House on CBC radio, and had been touted to replace Peter Mansbridge on The National, Torstar found Solomon has been brokering the sale of paintings and masks owned by a Toronto-area art collector to rich buvers. In at least one case, he took commissions over \$300,000 for several pieces of art and did not disclose to the buyer that he was being paid introductory fees. TORSTAR NEWS SERVICE

Parizeau honoured for key economic role

Thirty years worth of Quebec leaders attended Jacques Parizeau's funeral Tuesday as premiers past and present paid tribute to the sovereigntist icon who is credited with playing a key economic role in ushering the province into the modern era.

Every premier since 1985, with the exception of the late Robert Bourassa, attended the service, with Premier Philippe Couillard accompanied by Pierre Marc Johnson, Daniel Johnson, Lucien Bouchard, Bernard Landry, Jean Charest and Pauline Marois.

Couillard told the funeral he met Parizeau only a handful of times and that they had agreed to get together at some point to discuss Quebec.

NDP Leader Tom Mulcair, Liberal Leader Justin Trudeau, Parti



After the ceremony Couillard gave Parizeau's widow Lisette Lapointe the Quebec flag that flew at half-mast over the provincial legislature in honour of her late husband.

Québécois Leader Pierre Karl Peladeau, former governor general Michaelle Jean were others who came to the Saint-Germaind'Outremont Church.

Parizeau, who became Parti Québécois leader in 1988 and officially stepped down as premier in January 1996, died on June 1 at the age of 84 after a lengthy illness. THE CANADIAN PRESS



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Police comb town for cons

PRISON BREAK

Residents say two men were seen along road late Monday

State and federal law officers searching for two killers who used power tools to break out of a maximum-security prison converged on a small town about 50 kilometres away Tuesday after getting a report of a possible sighting.

Dozens of officers formed a line and made their way through a pasture and woods in the town of Willsboro while a helicopter hovered above. Other searchers walked along nearby railroad

They descended on the town just west of Lake Champlain after residents reported seeing a couple of men walking on a road late Monday during a rain storm.

The breakout over the weekend from the 3,000-inmate Clinton Correctional Facility in Dannnemora, close to the Canadian border, immediately raised suspicions that the in-



A law enforcement officer on patrol during a search for two escaped killers in Boquet, N.Y. Tuesday. State and federal officers are searching for David Sweat and Richard Matt, two killers who broke out of Clinton Correctional Facility in Dannnemora. SETH WENIG/THE ASSOCATED PRESS

mates had inside help in cutting through a steel wall, breaking through the bricks and crawling through a steam pipe. They eventually emerged through a manhole outside the prison grounds.

Among the questions: Did someone hear them cutting their way out? How did the inmates hide the hole, the dirt and

I'd be shocked if a correction guard was involved in this, but they definitely had help.

N.Y. Gov. Andrew Cuomo

dust from work that probably took days to accomplish? And did they have access to blueprints or other inside information to chart their path through the bowels of the prison?

Sweat, 34, and Matt, 48, had stuffed their beds with clothes to fool guards making their rounds and left behind a taunting sticky note that read: "Have

The prisoners surely had help, and the noise must have been heard, Gov. Andrew Cuomo said.

But Cuomo said other inmates claimed they didn't see or hear anything. "They're all heavy sleepers," he said sardonically.

In looking for those who may have aided the escape, Cuomo said investigators were focusing first on civilian employees and contractors who have been doing extensive renovations at the 170-year-old prison.

"I'd be shocked if a correction guard was involved in this, but they definitely had help," the governor said.

Corrections officials said an inventory of the prison's tools has so far shown none missing. But contractors typically bring truckloads of equipment, said Peter Light, a retired guard.

The RCMP said Monday it had no information to indicate the two had crossed into Canada.

Sweat was convicted in the 2002 killing of a sheriff's deputy and was doing life without parole. Matt was serving 25 years to life for kidnapping and dismembering his boss in 1997. THE ASSOCIATED PRESS



🛑 IN BRIEF

Iranian women to gain right to watch volleyball

A limited number of Iranian women will be allowed to watch Volleyball World League games in Tehran later this month as part of a government move to allow women and families to attend male sporting events.

The decision has yet to be officially announced, but Vice-President for Women and Family Affairs Shahindokht Molaverdi, said some women, mainly families of national team players, will be allowed to watch the upcoming volleyball matches to help gradually introduce the change. THE ASSOCIATED PRESS

Officer resigns after violent pool party video goes viral

The police officer whose video-recorded actions at a north Texas pool party drew national attention has resigned from the force.

Officer David Eric Casebolt resigned Tuesday from the McKinney Police Department after almost 10 years on the force. His resignation was confirmed by his attorney, Jane Bishkin of Dallas. THE ASSOCIATED PRESS

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Blacks closing all its photographystores

Firm founded in 1930 falls victim to digital world

Photography chain Blacks is shuttering all of its 59 stores in Canada after nearly 70 years of selling pictures, albums and frames. Parent company Telus said the closures will take effect Aug. 8 and affect about 485 employees, most of whom work in Ontario.

Technological innovations have changed the way Canadians take and share photographs, with fewer of us using retail photo outlets," company spokeswoman Luiza Staniec said. An unspecified number of the laid-off employees will be offered jobs at Telus or Koodo head offices, as well as at retail outlets or call centres, while others would be offered a "transition package," she said.

Bruce Winder, a retail analyst with J.C. Williams Group Ltd., said he wasn't surprised by the shutdown.

"If you go back 10 years ago, folks bought digital cameras. Now everyone has digital cameras on their smartphones.

The market is polarized," Winder said. "You're either a professional camera enthusiast and you go to Henry's, or you don't and you use your cellphone like 99 per cent of the other people.

Winder said when Telus bought Blacks in September 2009 for \$28 million from ReichmannHauer Capital Partners, it was simply to add another distribution channel for the telecom giant.

Headquartered in Toronto, Blacks was founded in 1930 and sold appliances. Its first specialty camera store opened in 1948. Since then, it has changed hands several times. THE CANADIAN PRESS



Photography chain Blacks is closing all its 59 stores in Canada as of Aug. 8. Parent company Telus says most of the stores are in Ontario and employ about 485 people. THE CANADIAN PRESS

MAJOR SPONSORS

EU set to label goods made in settlements

Israel would be required to label products that are made in West Bank settlements and exported to Europe, according to guidelines being prepared by the European Union.

The move is the latest sign of international discontent with Israeli construction of settlements on occupied lands claimed by the Palestinians, as well as frustration over the state of Mideast peace efforts.

It also comes as a grassroots movement promoting boycotts, divestment and sanctions against Israel appears to be gaining steam.

Israeli officials reject the labelling plan, saying it would amount to a type of boycott and help discourage Palestinian President Mahmoud Abbas from returning to negotiations.

An EU official said Tuesday the 28-nation bloc's foreign policy chief, Federica Mogherini, told European foreign ministers May 18 that work is underway and that a set of guidelines will be "finalized in the near future.

The EU official said it would likely be months before the guidelines are complete. THE ASSOCIATED PRESS



San Francisco considers warning on soft drink ads

San Francisco officials are deciding whether to impose a warning on ads for sugary soft drinks.

The Sugar-Sweetened Beverage Warning Ordinance would require health warnings on advertising within city limits.

THE ASSOCIATED PRESS

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MELEVIEWS

Your essential daily news

THE BIG THING: FINANCIAL LITERACY

The federal government thinks we need a lesson in how to manage money. On Tuesday, Ottawa announced a \$10-million strategy for nationwide programs to help Canadians learn to manage debt, save for retirement and avoid scams.

THE CANADIAN PRESS

Good debt, bad debt Canada's household debt-to-income ratio reached an eye-watering record of 162 per cent in 2014, thanks in large part to low interest rates and high home prices. But personal loans — often the most disastrous — are actually on the decline, and the rate we're acquiring credit-card debt is slowing.

Time to shape up

Canada's financial literacy leader, Jane Rooney, says 60 per cent of us don't know how much we need for retirement, and 55 per cent fail to use the "fundamental tool" of a home budget.

Could be worse

Our household savings rate has been all over the map for the past century. It peaked around 16 per cent in the mid-1940s and again in the early 1980s, dipped into the red during the Great Depression and fell to a dangerous low of 3.6 per cent in 2005. In the first quarter of this year, Canadians squirreled away five per cent of their paycheques.

Great art doesn't get made in a boardroom

SOCIAL DISCOURSE Omar Mouallem

Beware of anyone using the word "silos" who is not a farmer. It's what suits say instead of "groups," as in, "The difficulty with the (Canada Council for the Arts) now is that everything is organized by disciplinary silos that are very complex to navigate."

Those were the words of the CCA's new CEO Simon Brault during a Canada Arts Summit speech last spring, where he also promised more "outcome-driven" grant programs for Canadian artists that will "have more impact."

Årtists should laugh in the face of anyone who asks for "objectives" before the creative process has even begun, but instead they now have to adhere to this boardroom puffery if they want their

work government-funded

Last week the CCA unveiled its simplified funding system, which will soon reduce 147 grant programs to just six broad categories. It's a noble cause, as the old process was cumbersome to say the least. But at least it was somewhat comprehensible.

Peace out "Grants to Dance Professionals." Sayonara, "Grants to Professional Orchestras." You'll now have to choose from a menu of buzzwords still reeking of the dryerase markers with which they were born. That now includes a category called "Engage and Sustain," with the outcome of "reflect(ing) the diversity of the communities that they participate in through their staffing, programming and public engagement responsibilities."

Does this mean creative diversity? Intellectual diversity? Social diversity? So much for simplicity.

Art is an act of discovery

divined from the experiences, observations and imaginations of the work's creators and collaborators. And it's an act of entertainment and expression, not innovation, much as the CCA's constant trumpeting of the arts' \$50 billion GDP contribution is intended to entertain politicians and people (sorry, I mean stakeholders) who couldn't care less about the quality of the art.

Maybe it works for them, but audiences gain nothing from an artist crossing off corporate objectives while writing a grant proposal. It's the same anathema that's turned most galleries' artist statements into head-tilting jibber-jabber, poisoning the exhibition before it's even viewed.

Consider the effect of 1930s Soviet art, which hewed to a state-enforced mandate of optimism and heroism, to be exported internationally. The result,

Audiences gain nothing from an artist crossing off corporate objectives while writing a grant proposal.

then, was art decidedly onmessage and redundant. No, the CCA, whatever it is, isn't a bastion of socialism. Atom Egoyan's next film won't star a Canadian actor as the common man finding fulfillment in labour. But artists obsessing with vague guidelines about "diversity," "innovation," "engagement" in order to make it past the gatekeepers will surely yield art that's equally stale.

Omar Mouallem

(@omar_aok) is based in Edmonton and edits the Yards. Social Discourse appears every other Wednesday.

ROSEMARY WESTWOOD

metroview

"There is no freedom from the pull of things."

Marie Kondo is not your saviour from stuff.

The maven of minimalism and author of a trendy book on tidying might be your saviour from a lot of stuff — from overflowing closets and shelves, from the sense you live in Mary Poppins' purse.

She will even curate you: through her prescription to keep only that which brings joy, you'll be able to justify the gold-plated scissors you've been coveting, once you've thrown out the plastic pair that was definitely not joyful.

But what do you end up

Stuff, just as before. All of it. Things. And, perhaps, a dresser drawer with shirts so neatly rolled it looks like a pez dispenser.

In reaction to Kondo's methods, some have come out in praise of clutter. One writer wondered in the New York Times, "Why on earth would we get rid of our wonderful things? I have many books, many paintings, many pots and many more things I love."

So do I.

But that's not an argument against Kondo. The call to curate stuff and the call to abundantly collect it both stem from the same impulse: the desire for things.

One is the new world of the carefully chosen item, where everything you own aligns with a singular vision of your rarefied lifestyle.

One is an older world, where, since you could afford to have lots of stuff, why not have it all?

Both are underpinned by consumer culture, and the belief that the best way to express who you are is to buy — or not buy — something.

There is no freedom from the pull of things.

Even if I had almost nothing (as many do), I'm sure I could love a useless item. Not just for what it is, though it may be beautiful, but for what it means.

Like the gold necklace that was once my mum's, with two pendants, one of a dove and one of the Parthenon. Wearing it made me feel she was close, even across continents. It was stolen and I still mourn its loss.

The Canadian painter Agnes Martin (posthumously hot right now) aimed for a thing-less life.

In the 1960s, she moved to a remote part of New Mexico, discarded most belongings and lived on odd, restricted diets, like preserved tomatoes and hard cheese. She reportedly felt possessions only fed her ego. "I paint with my back to the world," she said.

But even she did not dogmatically follow through.

In her later years, while still living sparingly, she let a little luxury in: driving to and from her studio in a white



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Finding pleasure behind bars

SEASON 3

Piper Chapman is 'revelling' in her new role at Lichfield

Lisa WeidenfeldMetro | New York City

Piper Chapman has come a long way from her first days at Lichfield. While Seasons 1 and 2 of Orange Is the New Black saw her struggling to find her way in the strange and confusing hierarchy of the prison, Season 3 sees her finally come into her own, according to Taylor Schilling. The Netflix star says Piper may finally be getting the hang of the place, and we chatted with her about what's to come for Lichfield's finest.

If there's a theme for the third season, what would you say it is?

We've talked about it as an ensemble, about it really being based around faith and belief and how faith manifests differently in different people and what we classically think of as a system of faith and what we really believe in and how that plays out in people's lives.

How do you think Piper is growing as we see her in the third season?

She started this story, and this journey, having a solid idea of who she thought she was, and her life was pretty nailed



Season 3, which debuts June 12, finds Piper Chapman (Taylor Schilling) and Alex Vause (Laura Prepon) both in prison together once again. JOJO WHILDEN/NETFLIX

down.

I imagine it being like a house during a rainstorm, with a leaky roof, and it's like, if you put enough buckets around, you're walking around the floor and ostensibly, it's a dry house. But if you really examine what's going on, there's a lot of cracks and there's a lot of leaks.

So, prison has forced her to really look at what's happening within her. And I think the

journey is that she's finding and enjoying parts of herself that she didn't really know existed. And a strength and determination, and wildness and a recklessness and a pleasure, a joy, a power. It's almost like trying on different articles of clothing and seeing that lot of them fit

Not to diminish the suffering she goes through, but she does seem like she's finding

ways to be happy in there.

Yeah, exactly, and I think even finding pleasure in the power, or pleasure in the manipulation or pleasure in the strength. It doesn't necessarily add up to the way that she thought happiness or success looked when she came in to prison. So her conception is changing.

Do you think she's finding her place a bit more?

Absolutely. I think she was a fish out of water and she spent Season 2 finding her place,

and now she's exploring her place, and she's enjoying it, and she's revelling in it, and she's trying on different facets

of who she is.

Is it good to have Laura Prepon back full time as Alex Vause?

Yeah, I love Laura. She's a dear friend, like so many girls in

this cast are. It's always fun to have her around, and we work really well together. We have a really nice working dynamic. It's very safe, and I think we both feel comfortable taking risks that we're proud of later.

One of Season 2's big cliffhangers was that Piper got Alex thrown back in prison. Was she trying to protect Alex, or did that come from a selfish place?

I think it's all of those things—Piper was operating from all of those places. And that's what's so fun about this work is that it's so rich and complicated and knotted. And what I so love about playing this character is that she is kind,



She's finding and enjoying parts of herself that she didn't really know existed.

Taylor Schilling

and she is a wife, she is a best friend, she is a daughter, she's a lover and a caretaker, but she's also confused and angry and manipulative and disloyal and attention-seeking and power-hungry and all of those things. That's a real woman. All of those things existing

I long for that and I'm excited by that, to see someone who's not a picture or an idea, but a fully fleshed-out person.

da Vinci

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Peruvian cuisine seals spot on global culinary map

With its cosmopolitan flavors and rich palette of ingredients, Peruvian cuisine has surged onto the global food scene in recent years, consecrated last week with Lima restaurant Central's breakthrough into the world Top 5.

The creation of chef Virgilio Martinez, the restaurant took fourth place last week in the World's 50 Best Restaurant awards in London. the highest ranking ever for a Peruvian establishment.

It was a big night for Latin American restaurants in general, which have been turning heads on the global food scene in recent years.

Nine regional restaurants made the prestigious list: three from Peru, three from Mexico, two from Brazil and one from Chile.

Martinez, 37, is a poster boy for the new generation

He opened Central five years ago on a quiet street in the residential neighborhood of Miraflores.

It quickly become a magnet for foodies from around the world with a menu that celebrates Peru's rich biodiversity, drawing ingredients from environments ranging from the Amazon rainforest to the Andes mountains.

Martinez started out as a law student before dropping out and enrolling in a French culinary school in Canada.

Breaking into the top five world restaurants is an honour but also "a lot of responsibility," said Karime Lopez, who is in charge of creating Central's menus and travels around Peru to research the best ingredients.

"We're very happy, but we're staying alert, we know we can't drop our guard," she said of the restaurant where clients reserve tables



Central came in fourth at the World's Best Restaurant awards, the highest ranking ever for a Peruvian establishment. AFP



The top three sources of sugar in our diet are breads, snack foods and beverages. ISTOCK

Drop that sugar hit for healthier picks

SWEET ON NUTRITION

Choose least sweet options to curb your sugar intake

WORD OF MOUTH Theresa Albert

Sugar is the new sodium. It is contributing to the rise of everything from diabetes to Fatty Liver Disease. The World Health Organization suggests that you reduce not only "added sugar" but also "naturally occurring sugar" (and it is hidden everywhere). There is even an app to help you decipher some of the obfuscating facts on the label.

The bottom line is that no matter what the source of sugar, what really matters is the good nutrients that come with it. While a spoonful of sugar may help the medicine go down, make sure there is real food medicine in your choices.

The top three sources of sugar in the Canadian diet are: breads, beverages and

snack foods. Here are my top picks in each category:

Bread: Dempster's Healthy Way. No fat. No sugar. It is a tasty whole grain, high in fibre and protein and under 100 calories per slice.

Beverage: Flavoured Sparkling Water like Nestle's Pure Life. Most of us don't drink enough water because it is boring. Many varieties of naturally flavoured sparkling water will deliver a bright refreshing taste and the hydration your body needs more of, without any sugar or artificial sweetener.

Snack foods: Qi'a Bars are the newest granola type bar to hit the shelves. Among the lowest in sugar but also high in superfood ingredients like hemp and chia, the bars are a delicious energy-sustaining touch of sweetness with only 6 to 9 grams of both sugars.

You can't be all good all the time, but you do want to choose best in class especially when it comes to sugar con-

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.



COUNTING CALORIES

Raising a brew on the lite side



While I adore a pint of craft beer as much as the next guy, I'm not getting any younger.

Risking the wrath of hipster craft brew lovers, I confess that the older me doesn't mind lighter beers — and by light, I mean the mass-produced stuff. While they will undoubtedly turn their noses up at a glass of Miller Lite (12x355ml, \$20.49 to \$25.29) — the original light beer that has finally landed in Canada — traditional craft beer supporters argue that the boozy IPA-style brews, popular today, are killing the market for lower alcohol "session"

In the U.K., where ale is



Nowadays I'm concerned about the calories

king, beer under 5 per cent alcohol is what they drink a few of in one sitting (or ses-

Nowadays I'm concerned about the calories. The average glass of craft brew has more than 300, while one filled with Miller Lite clocks in at 96.

Though younger drinkers may not care; at my age I typically start with something crafty and then turn to the light side.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



metr

LIFE | Gossip Wednesday, June 10, 2015 **17**

Sex Pistols fans not amused



The infamous artwork featuring Queen Elizabeth for the Sex Pistols' 1977 promotional posters. It just screams 18 per cent APR, doesn't it? AFP/GETTY IMAGES

VIRGIN MONEY

'Hardly punk': Band's artwork to appear on credit cards

Fans of British punk pioneers Sex Pistols reacted angrily on Tuesday after it was revealed that record-sleeve artwork from the anti-establishment icons was to feature on a range of credit cards.

U.K.-based card issuer Virgin Money said it was "time for consumers to put a little bit of rebellion in their pocket,' but fans took to Twitter to air their displeasure.

"Filthy lucre, indeed," wrote user John Williams, in reference to the name of the band's 1996 tour.

'I will always love the #SexPistols," said fan Jeff Ericksen. "That being said, having their logo emblazoned on

a credit card is hardly punk." Another tweeter Pierre Kirry quoted lyrics from the band's infamous Anarchy in the U.K. single, writing: "The new #SexPistols credit cards certainly give 'Don't know what I want but I know how to get it' a new spin."

The British flag cover from the 1976 single will adorn one of the new 18.9 per cent APR cards, as will the "ransom note" cover from the band's only studio album, Never Mind the Bollocks.

Virgin Money was founded in 1995 by entrepreneur Richard Branson, who signed the band to his Virgin Records label in 1977.

"The Sex Pistols are an iconic band and



A Twitter user on the new range of credit cards

an important part of Virgin's history," said Branson.

"Virgin Money is a bank that can be proud of its past, and I love the fact that the team have chosen to celebrate it in this way.

"Even after nearly 40 years, the Sex Pistols' power to provoke is undimmed." AFP



AIN'T NO PARTY LIKE A KIMYE PARTY

Inside Kanye West's b-ball b-day bash

What do you get for the megalomaniacal hip-hop superstar who has everything? If you're Kim Kardashian and said rapper is husband Kanye West, you get him a private night of slam-dunk contests at the Staples Center, home of the L.A. Lakers, to celebrate his birthday.

"Kim rented out the Staples Center so Kanye and his boys could play an NBA-style game with real refs and Laker girls," a source tells E! News. "John Salley was the announcer. Houston Rockets player James Harden and rapper 2 Chainz were the coaches. John Legend sang the national anthem."

The party, which cost a reported \$110,000, was attended by Justin Bieber, Tyga and NBA stars Russell Westbrook and John Wall. But man, wouldn't it have been awkward if it turned out West didn't really like basketball all that much?

NED EHRBAR/METRO IN HOLLYWOOD





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Your essential daily news Studio apartment size: the Sin City Hustler, 9.75 metres long and 3.65 metres tall

Volvo keeps wagon relevant



THE CHECKLIST 2015 VOLVO V60 CROSS COUNTRY

THE BASICS

Type. Luxury, five-door, AWD, compact-midsize wagon.

Engine (hp). 2.5-litre inline turbocharged five-cylinder (250).

Transmission. Six-speed automatic.

Price. Base \$44,100 (plus destination).

• Based on the new 60 range of Volvo sedans, but range of volvo sedans, but not available with their new-er 2.0-litre turbocharged four-cylinder engines.

An IIHS Top Safety pick, for achieving top-level crash protection in each of the institute's five crash tests.



MIKE GOETZ/FOR METRO **COOL FEATURES**

- Volvo's interface relies on a controller and switches (not a touch screen).
- One of the more comfortable and best-looking front seats in the business.
- Front and rear skid plates, and Hill Descent Control, increases off-road capability.

MARKET POSITION

All-wheel drive version of the V60 station wagon.
An alternative to compact

Cross Country muscles in on luxury crossovers



Mike Goetz Metro | Canada

Some car companies can get away with not offering a traditional station wagon, but not

And good for us, because Volvo's commitment to keep modernizing the station wagon form has brought us this lovely 2015 V60 Cross Coun-

Volvo's entry-level 60 series of sedans (S60), crossovers (XC60), and wagons (V60) debuted back in 2011, and received a major mid-cycle revision for 2015.

AWD versions of Volvo V60 are called Cross Country, and are raised 65 mm higher than FWD V60 versions.

Cross Country is also fitted with 18-inch wheels and skid plates, to signify its offroad prowess, and also gets squared-off "fender extrusions," which makes it look kind of Jeepy.

Our top-shelf Platinum model (\$50,400 MSRP) was outfitted with the impressive Technology Package (\$1,500), which threw on Adaptive Cruise with Queue Assist, Collision Warning (with Full Auto Brake), Pedestrian and

Cyclist Detection (with Full Auto Brake), Distance Alert, Driver Alert Control, Lane Departure Warning, Lane Keeping, and Speed Limit Information, which makes speed limit signs appear magically in the dash.

But the feature I liked best is the Cross Country exclusive sport seats rendered in black leather and brown stitching. They are just wonderful: easy to look at and touch, supportive, supremely comfortable.

The whole design manages to be Scandinavian and clean and easy to use, featuring an interface that uses actual buttons and switches (versus a touch screen).

On the road, the 2.5-litre turbo "five-cylinder" feels lusty, but the newer 2.0-litre turbo "four" feels almost as lusty, and offers better efficiency. Those all-new 2.0-litre engines are only available (so far) on S60 and XC60.

Handling is better than most crossovers, because of the lower centre of gravity, and a great chassis, which is also adept at delivering a very comfortable and controlled ride — V60 offers a very luxury-car feel on the road.

The V60 Cross Country is not like Volvo wagons of yore, which were famously boxy and big. This is a tidy wagon, with just adequate space in the rear and cargo area (for a wagon). You can't easily throw bikes back there, for example, and the sleek profile takes a bite out of rear headroom space.

- luxury crossovers, such as
- Volvo's own XC60.
 For those who gravitate toward understated Scandinavian style, and top safety

Pirelli to roll out 'smart' Cyber Tire

McIntosh For Metro

Safety systems such as anti-lock brakes and stability control do a good job of protecting occupants from potential crashes, but they have one weak point: They don't know how well the tires can perform.

If the tread is worn, if it's the wrong tire for the season, or if the road surface is slippery, these safety systems won't be be even more of an issue in self-driving cars, which may not realize they have to brake sooner or slow down in a curve to compensate for reduced tire

Ultimately about safety

Pirelli is working to solve the issue with its upcoming Cyber Tire, which will gather this vital information and warn the driver to be more cautious in a conventional car, or work mous car's driverless systems.

"The system is able to measure exactly the level of friction and the level of grip, depending on the tread depth and quality of tire you have installed," says Giorgio Audisio, Pirelli's director of cyber technology. "If you are able to measure it, you can adjust the vehicle speed when you are on a wet road or on the snow."

Many vehicles now contain tire pressure monitortire needs air. In addition to this, the Cyber Tire's internal sensors measure such things as lateral and downward force on the tire, the type and condition of the road surface, the tire's angle, its wear, and how much of it is actually touching the road to determine its level of grip.

THE COMPETITION

BMW 3 Series Touring

Subaru Outback

Base price: \$27,995

Audi A4 allroad quattro

Base price: \$47,300

se price: \$45,200

The car's computers continually monitor the tire's data, and send a warning to the driver if he or she is driving too fast

for the conditions. In an autonomous car, the information from the Cyber Tire and the computers would go directly to the car's systems. The car might slow itself down, apply the brakes sooner, or take a curve more carefully if required.

System limits

This is especially important because these systems are limited by the amount of data they process.

The car might know it needs to start braking when another vehicle slows down in front of it, but if it doesn't realize its tires are worn or the road is wet, its programmed stopping distance may not be enough to avoid a collision.

"The most important function of an intelligent tire is related to the safety of the vehicle," Audisio says. "If we can measure the grip, we know the maximum safe speed in which the vehicle can go."

20 Wednesday, June 10, 2015 metr

DRIVE

Select few to get to own Mirai

E-CARS

Toyota picks 8 dealerships

Only "select, eligible customers" will be considered to own or lease Toyota's hand-built hydrogen fuelcell e-car, the Mirai (right), when it goes on sale at eight dealerships in California in October. Customers will be selected based largely on how close they live and work to hydrogen fuelling stations. Toyota chose the eight initial dealerships partly because of their proximity to such stations.



TEXT AND IMAGES BY WHEELBASE MEDIA

IVERIDS

VW crafts new Beetle concept

Volkswagen engineers have transplanted the powertrain from a Jetta Hybrid sedan to create a prototype Volkswagen Beetle (right) hybrid concept in a bid to renew interest in the retro hatchback. The hybrid Beetle employs a 1.4-litre turbocharged fourcylinder gasoline engine and a seven-speed transmission, with an electric motor between them, to drive the front wheels.



THE GREEN ANGLE Metros weekly picks for the latest in environmental news

PRODUCTION

New targets for EV makers

Global automakers are readying a new generation of mass-market electric vehicles (EVs) with more than twice the driving range of today's Nissan Leaf (left). They're betting technical breakthroughs by battery suppliers will jump-start demand, reports industry watchdog Automotive News. At least four major automakers -General Motors, Ford Motor Co., Nissan Motor Corp. and Volkswagen AG - will challenge Tesla Motors to be first to field affordable EVs that will travel up to 320 kilometres between charges. They're working to a tight deadline: in 2018, California and eight other states will require automakers to meet much higher sales targets for zero-emission vehicles, and federal rules on reducing fuel consumption and greenhouse gases will become stricter.

NEW CARS

Malibu eschews plug-in capacity

Chevrolet's 2016 Malibu midsize sedan (right) will take the Chevy Volt's groundbreaking gas/electric powertrain to the masses minus, at least for now, its plug-in capability. Chevrolet says the car will be capable of travelling at least 72 kilometres per U.S. gallon (5.2 litres/100 km) without the need to plug it in. It will deliver that higher mileage thanks to a direct-fuel-injection 1.8-litre four-cylinder gasoline engine mated to a two-motor electric drive unit. A 1.5-kilowatt lithium-ion battery pack will store electrical energy for the battery when it's needed.





Most EV-friendly U.S. cities named

Some parts of the U.S. have embraced electric vehicles more than others, observes ChargePoint. The network charging station developer has compiled a Top 10 EVfriendly list in each of the past four years, based on the number of EVs registered and the growth of its own available charging stations. San Francisco's Bay Area tops the list, followed by Los Angeles, Seattle, San Diego, Honolulu, Austin, Detroit, Atlanta, Denver, and Port-



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22 Wednesday, June 10, 2015 **metr**DRIVE

Special Delivery: Camry XSE

What test car is Garry bringing us this week? We literally have no clue what he's bringing us until it lands in our driveway, but who are we to doubt Garry Sowerby, who has a bazillion Guinness records for around-the-world driving? That's a bazillion more than we have, after all. Come along for the ride as we deliver real-life, no-glam reviews.

JEFF MELNYCHUK WHEELBASE MEDIA

Have you ever heard of a truly sexy Toyota? Yeah, me neither.

They're usually for robotic suburbanites who gave up their, ahem, souls, when they got married and had 2.5 kids. (Comments like that are likely why I'm divorced, but I digress.)

Yet, the Camry sedan has been a consistent bestseller for obviously bizarre-to-me reasons that have nothing to do with style or fun. Boring old reliability is an important purchase incentive, I'll admit, as is functionality, but there are plenty of choices out there that meet that very basic criteria while looking a damn sight sexier than the Camry. The Ford Fusion for one, and the Mazda6 for another.

But there is something a little different about the car that Garry has dropped off. It has a big mouth. Huge. Like, the alien from the movie Predator.

I guess I'm not the only one who wonders what the attraction to the Camry is, because for 2015, Toyota has redesigned it to have more of what you all have apparently been pining for

Camry defined

"Expressive. Athletic. Exciting. Yes, it's a Camry," reads the company's press release. Suburbia has spoken. Softly, but, still.

Now, normally, that kind of marketing claim has me face-palming, but actually not so much here. This Camry has nearly 2,000 parts that are either all new or redesigned, with the roof being the only carryover sheet metal. Everything else is changed and mostly for the better.

The loudest visual cue is that giant grille, but it's a design audacity that unfortunately doesn't carry through with the rest of the car.

Deserving special mention is the paint. The Blue Crush Metallic is smooth. It's nice that after 100 years, an automaker has finally figured out how to paint a car properly. And it's blue. I thought that all Camrys were beige, silver or white. Really, have you ever seen a red or black Camry?

Inside, Toyota stuck to basics with big knobs and buttons and a very simple and intuitive 4.2-inch centre stack touch screen. Thank you for that.



Don't all Camrys come in beige, white or silver? WHEELBASE MEDIA

🕂 LET'S TALK ABOUT THE CAMRY XSE

WOW: Good on gas, good acceleration, good room and all that boring stuff; it's a good-looking ride, though;

the Camry XSE interior turned out nicely and the driving experience is competent, but ...

HMM: Is competent worth a premium? The rest of the car's exterior has to be brought along to meet that

mouth; small brakes; and the Camry XSE faces tough competitors in this price range.





Powerplant options are carryover. Standard is a 178-horsepower 2.5-litre four-cylinder with a 268-horsepower 3.5-litre V6 optional. The third choice is the Camry Hybrid with its gas-electric powertrain.

The car Garry has dropped off is the new XSE trim, which has model-specific 18-inch wheels, higher-rate (stiffer) coil springs, special shock absorbers, firmer bushings, unique electric power steering tuning and 225/45R18 all-season tires.

Available in both four-cylinder and six-cylinder versions, and in front-wheel drive only, the XSE injects some muchneeded driving dynamics into the Camry.

This one is the decked-out V6 version (about 35 grand plus tax) and it indeed drives better — although not spectacular — with a swanky leather interior, so mission accomplished there Toyota.

FAR LEFT: High-end accommodations, pretty trim.

LEFT: Room for three, but built for two. WHEELBASE MEDIA



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24 Wednesday, June 10, 2015 metr

DRIVE

Google's self-driving cars clock up 1 million miles

Autonomous vehicles still face challenges, experts say

Internet search giant Google has hit a significant milestone: Its self-driving cars have now covered more than 1 million fully autonomous miles (1.6 million kilometres).

"Along the way, we've navigated more than 200,000 stop signs, 600,000 traffic lights, and seen 180 million vehicles - with several thousand traffic cones, some fluttering plastic shopping bags, and a rogue duck thrown in for good measure," said Google's co-founder Sergey Brin of the achievement.

Google only began testing its self-driving vehicles in 2009, but has already officially covered more autonomous test miles than any single car manufacturer. All of which is making the company very positive and confident in its

belief that the self-driving car is going to become a reality on real-world roads very shortly.

Number of accidents Google's self-driving

cars have been involved in since 2009.

"We're taking this millionmile milestone as further proof that fully self-driving vehicles will become a reality, and we're looking forward to finding out where the next million miles will take us," said Brin.

Last month, Google announced it had covered more than 2.7 million kilometres in total driving with its specially adapted fleet of Toyotas and Lexus cars — which start out life as regular cars before being retrofitted with sensors and cameras — not by the battery-powered pod prototypes that it hopes to one day put into production.

What's more, the majority of the testing has taken place on freeways, rather than inner-city roads where driving conditions are much more unpredictable and the risks of an accident are greater.

During its shareholder meeting last week, Google admitted its cars had been involved in 12 accidents to date, the most recent occurring at the end of May. All the accidents were minor with no injuries reported, the company said.

According to Brin, the Google car has never been at fault

and the company's aim wasn't perfection but a car that was better at driving than a human.

Autonomous driving experts note that despite Google's achievements thus far, there are still significant challenges to overcome, such as travelling on

routes which have not been mapped or taking different types of action when faced with different types of obstacle.

Google plans to start testing its cars on the streets of Manhattan this year as part of a steeper learning curve and, according to project leader Chris Urmson, the company is still convinced it can deliver a truly autonomous car by the end of the decade. AFP



Google is to bring its self-driving cars to Manhattan this year for further testing. GOOGLE INC.

Ferrari to resurrect coveted Dino model

Ferrari is indeed dusting off the Dino badge for an all-new V6 model, company chairman Sergio Marchionne has confirmed, generating ripples of excitement within the Ferrariowning community.

The original Dino 206 GT and its successors, the 246 GT coupe and GTS targa are among the most cherished and collectible of Ferrari classics.

However, if those ripples are to turn into a tidal wave of enthusiasm, the company is going to have to build something worthy of the hallowed



A new Ferrari Dino is to debut in 2018. PARC FERME EXPERIENCE LTD

The original Dino debuted in 1968 and was a revolutionary

Ferrari in a number of ways. Firstly, it was "affordable" in supercar terms at least. It was

mid-engine and as a result, its handling surgical, and that engine was a 2-litre V6, not a V12. Ĭt was the first Ferrari built for the road, not the track, and looked beautiful thanks to Pininfarina's flowing curves. And lastly, it was called Dino in honour of Enzo Ferrari's son, Alfredo "Dino" Ferrari.

There is not a single Ferrari badge or reference anywhere on the car. The name Dino was chosen because during his short life, (Dino died, aged 24, in 1956 from muscular dystrophy) he had pestered his

father about developing a V6. And that name lived on until 1976 when Dinos became Fer-

The new car, expected in 2018, will have a mid-mounted V6, like the original, however it will get two turbochargers and be capable of outputting more than 500bhp.

Add in a price point expected to be around \$250,000 CDN, and it could be a direct challenger to the Porsche 911 Turbo, Audi R8, Aston Martin Vantage and the new McLaren

ANTI-CRASH TECH

Prevent rear-end collisions

Systems that automatically brake or warn drivers to avoid rear-end collisions should be standard in all new cars and trucks, according to a U.S. National Transportation Safety Board report released Monday.

The systems could prevent or mitigate more than 80 per cent of the rear-end collisions that cause about 1,700 deaths and a half-million injuries annually, the report said.

Some of the collision-avoidance systems issue a warning to drivers that a collision is imminent, but do not automatically brake.

The board recommended manufacturers begin by making a warning system standard, and then add automatic emergency braking after the National Highway Traffic Safety Administration completes standards for them.

When the systems are offered as options, they are typically on high-end vehicles and are often bundled with nonsafety features, such as heated seats or faux leather interiors, making the overall package more expensive.

"You don't pay extra for your seatbelt," NTSB chair-man Christopher Hart said. "And you shouldn't have to pay extra for technology that can help prevent a collision."

But the Alliance of Automobile Manufacturers said collision-avoidance systems should remain optional.

'There are almost two dozen driver assists on sale now, and some consumers may prefer a 360-degree camera view or parking assist," said Gloria Bergquist, vice-president of the Alliance. "Automakers see automatic braking as helpful to consumers, but consumers should decide what they want and need."

THE ASSOCIATED PRESS



IN BRIEF

Ford updates to Sync 3

Automaker Ford's thirdgeneration connected infotainment system Sync 3 will reach the Ford Fiesta and Escape in North America this summer. With Sync 3, the touch screen responds to swipes and pinch to zoom, just like a handset's display. Ford has also been working with voice recognition firm Nuance, which had a hand in developing Apple's Siri, to improve the system's voice commands. AFP

Makers of flying car won't quit

Sometimes

vou have to

push the vehicle

to the limit.

to see how

it behaves

Martin Bruncko.

chief strategy officer,

AeroMobil

INNOVATION

Crash prompts new prototype, company eyes release in 2018

Tech firm AeroMobil is working on a new prototype of its flying car, weeks after the vehicle of the future spread its wings and crashed during a test flight.

"Sometimes you have to push the vehicle to the limit, to see how it behaves," Aero-Mobil chief strategy officer Martin Bruncko said about the May 8 incident.

Inventor and engineer Stefan Klein was flying the blue-and white airborne automobile 270 metres off the ground when he was forced to deploy a parachute to slow its descent.

Klein escaped unharmed but the flying car

was damaged in what the company called an "emergency landing."

AeroMobil would not say what prompted the crash.

The company is now back at the drawing board and hopes to see pre-orders in

2017 before delivering its first flying cars to clients in 2018

It still needs to obtain a green light from the European Aviation Safety Agency for commercial flying.

Klein said the company has seen interest from countries including Indonesia, Russia and South Africa for the cars that could cost around \$450,000 CDN or more.

The prototype that crashed will be displayed at the Milan

The vehicle for two is six metres long so it fits neatly in a parking space or garage and tanks up at any fill-

ing station. But once it reaches an airport it can unfold its wings within seconds and become a plane.

Once airborne, it can reach a top speed of 200 km/h and travel as far as 700 kilometres, consuming 15 litres of gas per hour.

'It integrates two utilities in a similar way as a smartphone, which is a good phone and Internet browser in one," said Aero-Mobil spokesman Stefan Vadocz. "In the past you needed two separate products.'



Engineer Stefan Klein shows off his car models in Bratislava. Slovakia. AFP PHOTO/SAMUEL KUBANI

AUTO NEWS FORD OPENS ITS E-CAR PATENTS UP TO COMPETITORS



Electric decals for the Ford Focus at Ford's Wayne, Mich. assembly plant. AFP PHOTO/MIRA OBERMAN

Ford has realized that if the auto industry is to have the breakthrough it needs to make e-cars the norm. collaboration is going to be just as crucial as competition. The automaker revealed it is to open up its e-car patents to its rivals. The way to provide the best technology is through constant development and progress," said Kevin Layden, director, Ford Electrification Programs. "By sharing our research with other companies, we will accelerate the growth of electrified-vehicle technology and deliver even better products to customers." In 2014 alone, Ford filed more than 400 patents pertaining to e-car technology in the U.S. more than 20 per cent of all patent applications made over the past year. Ecar competitor Tesla has already opened up its patents book to anyone. AFP



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CLOSER LOOKS AT THE 2016 CADILLAC CT6

The new rear-wheel drive Cadillac CT6 overlaps with the smaller CTS and the large front-drive XTS. The difference: styling and features. It looks like Cadillac has designed the CT6 for buyers who like the large rear- and all-wheel-drive BMW and Audi sedans, but want a more affordable option. JEFF MELNYCHUK WHEELBASE MEDIA



1400 horsepower

The new optional twin-turbocharged 3.0-litre V6 should provide a decent balance of power and economy, if you're gentle with the throttle. It also has auto shut-off/restart to save fuel.



2 See this

Digital display show images of gauges. Owners/users can pick the style they prefer. There's also an actual shift lever for the eight-speed automatic transmission and not buttons or knobs.



CADILLAC PHOTO

Weighty issues

Weight kept below 3,700 pounds (1,680 kilograms) with lots of aluminium in the new Omega platform. This should make the car one of the lightest vehicles in its class. The architecture has been built from the ground up for the CT6 to take on German and Japanese full-size luxury vehicles.



Optional Bose audio system has 34 speakers. Thirty. Four. Those speakers are to be placed "strategically" throughout the cabin, with almost all of them measuring just about four inches in diameter.



Wheels at 18, 19 and 20 inches. They support a CT6 that is about 25 centimetres longer than the current CTS and has about the same length added between the front and rear wheels.









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Falkenham ends QMJHL career due to hip injury

MOOSEHEADS

One of the 'classiest' guys to wear green and red jersey



Kristen Lipscombe Metro | Halifax

Ryan Falkenham is hanging up his Halifax Mooseheads jersey.

The 19-year-old forward from Halifax is undergoing hip surgery again, spelling the end of his QM-JHL career after four seasons with the Herd, which included winning the 2013 Memorial Cup and serving as captain in 2014-15.

"It's tough," Falkenham said Tuesday evening, shortly after the Mooseheads announced the end of his major junior days. "At the same time, I knew this was happening since October, so I've been thinking about it all year, and I was just happy to be able to play for this year, and have a great year."

The five-foot-10, 185-pound right-winger notched 16 points in 49 regular-season games last season.

"I had a good junior career," Falkenham said. "I played four years in Halifax, and I played in my hometown, so there's not too much more you an ask for."

In addition to hoisting the CHL championship trophy two



 $\textbf{Ryan Falkhenham played four seasons for his hometown major-junior team.} \textit{ } \textit{\textit{Jeff} HARPER/METRO}$

years ago, Falkenham said other major highlights were pulling the Herd jersey over his head for the first time at the 2011 QMJHL Entry Draft and winning the 2013 President Cup "on home ice."

Mooseheads general manager Cam Russell said Falkenham is one of the "classiest" players to ever put on the green and red sweater, adding he hopes the reliable forward is able to continue his career at the university



Rvan Falkenham

level after he's fully recovered.
"We're going to miss his leadership and his dependability both on and off the ice," Russell

said in a news release.

Falkenham said he'll be sticking around town, and hopes to help out his Q-league team off the ice, for the 2015-16 season.

"I am hoping to get back into the game," he said. "Maybe in the AUS (university hockey), but we'll have to wait and see."

The hip surgery again involves removing bone spurs from both hips, which have grown back since he was first operated on in November 2013 and February 2014, Falkenham said. His right hip went back under the knife Friday and his left hip will undergo surgery again in December.

The Mooseheads selected Falkenham 73rd overall in the fifth round four years ago. He scored 30 goals and added 24 assists for 54 points in 161 regular-season

"The Mooseheads treated me great and the fans treated me great, and I'm just thankful for that opportunity," Falkenham said



Atlantic University Sport hockey schedules released

It's not even officially summer and hockey schedules are already being announced.

Atlantic University Sport unveiled its men's and women's timetables Tuesday for the 2015-16 season.

Puck drop on men's hockey is Oct. 8, while it's game on for women's hockey Oct. 16.

The men's regular season still consists of a 28-game schedule, while women's teams will play 24 games each, an AUS news release explains.

The top six teams quality for post-season play.

The 2016 CIS University Cup is set for next March 17-20 in Halifax on the men's side, while the women's championship is at the same time but at the University of Calgary.

Check out atlanticuniversitysport.com for full schedules and AUStv.ca to watch all regular and postseason games. METRO

France opens tournament with win over England

Eugenie Le Sommer scored in the 29th minute to help France to a 1-0 victory over England on Tuesday in Moncton at the Women's World Cup.

Sarah Bouhaddi had a clean sheet in the tournament opener for both teams. France and England are in Group F along with Colombia and Mexico, who also played Tuesday and tied 1-1. THE CANADIAN PRESS

ion

Halifax native Mason McDonald tore his MCL during the Islanders' first-round playoff series. THE CHARLOTTETOWN GUARDIAN

OM1HL

McDonald on the mend, back on the ice

Mason McDonald is back on the ice after being sidelined two months ago with a knee injury.

The Charlottetown Islanders goaltender suffered a second-degree medial collateral ligament (MCL) tear on March 30 in Game 3 of the first-round playoff series against the Sherbrooke Phoenix.

It was an innocent play without contact that resulted in the injury. While it didn't require surgery, McDonald wasn't able to return to the ice until last week.

"It just felt weird being on the ice after taking such a long break, but it definitely felt great,"



McDonald was named Charlottetown's 2014-15 MVP in his first full season with the Islanders.

McDonald said Tuesday.

The 19-year-old Halifax native was back in full gear facing shots Monday at the BMO Centre in Redford

"There's definitely a little bit of caution that I take. It doesn't hurt, but I'm still being careful on the ice, not doing crazy movements, not diving side to side yet."

Islanders general manager Grant Sonier receives weekly progress reports.

"The rehab has been really good. He's the type of athlete who's going to push himself and get back as quick as he can," Sonier said.

"(The injury is) viewed a little bit different when you're dealing with a butterfly goaltender, which is understandable (given) the way they have to get in a vulnerable position and push

off. There's a little bit extra due care."

McDonald went 28-22-4 with a 3.06 goals-against average and a .906 save percentage last season.

He will attend Hockey Canada's Program of Excellence goaltending camp this weekend in Etobicoke, Ont., in the under-20 category.

The second-round pick of the Calgary Flames will also attend the team's development camp from July 6 to 10, while the Islanders training camp begins Aug. 11.

THE CHARLOTTETOWN GUARDIAN

28 Wednesday, June 10, 2015 metr#sports

Grand Rapids head coach Jeff Blashill is now in charge of the Red Wings JOEL BISSELL/THE GRAND RAPIDS PRESS/THE ASSOCIATED PRESS

Blashill replaces Babcock in Detroit

Jeff Blashill was hired Tuesday by the Detroit Red Wings, ending a fairly unsuspenseful coaching search that began when Mike Babcock left to take over the Toronto Maple Leafs.

Blashill has coached Detroit's minor league affiliate in Grand Rapids for the past three seasons, and he was an obvious candidate for the Red Wings once Babcock left. Detroit general manager Ken Holland acknowledged right away that he was going to talk to Blashill about the job, but the Griffins made it to the conference finals in the AHL playoffs. Blashill's promotion was announced Tuesday.

Blashill led Grand Rapids to the Calder Cup in 2013. He says he'd been eyeing the Red Wings' job since it became clear Babcock's future was un-

A Detroit native, Blashill coached at Western Michigan before joining the Red Wings organization. Blashill was an assistant coach for the Red Wings in 2011-12 before taking over at Grand Rapids.

THE ASSOCIATED PRESS



Enter Sandman the sequel Iona College right-hander

Mariano Rivera III, son of the former Yankees closer, was drafted in the fourth round with the 134th pick Tuesday by the Washington Nationals.

Rivera was 5-7 with a 2.65 ERA and a school-record 113 strikeouts with 27 walks in 85 innings this season for the Gaels, while also being selected the Metro Atlantic Athletic Conference's pitcher of the year.

THE ASSOCIATED PRESS

Irish management in crash

Five members of Ireland's coaching staff, including manager Martin O'Neill and assistant coach Roy Keane, have been involved in a road traffic accident near Dublin.

None of the five were badly hurt in the incident Tuesday. The Football Association of Ireland posted on Twitter, saying the vehicle "was rear-ended in traffic," and that all involved were seen by the team doctor. THE ASSOCIATED PRESS

Hedman's rare mix of 'size, speed and smarts'

STANLEY CUP FINAL

Praise aplenty for Swedish blueliner who's **boosting Bolts**

Anton Stralman witnessed Victor Hedman fire a 120-foot slap pass to Ryan Callahan for a goal, and then lead the rush and set up Cedric Paquette for the game-winner.

"How do you find those plays, man?" Stralman asked his defence partner in the Lightning locker-room after Tampa Bay edged Chicago 3-2 in Game 3 of the Stanley Cup final.

Hedman had no real answer then, just like the Blackhawks have no answer for the six-footsix, smooth-skating, two-way defenceman in this series. He's by far the biggest reason the Lightning lead the Cup final two games to one and is their biggest X-factor on hockey's biggest stage.

"Words can't describe the force he's been out there for our team, not just offensively, but defensively," captain Steven Stamkos said. "He's been an absolute beast for us out there. Very rare do you see the combination of size, speed and smarts."

Chicago's Duncan Keith has the speed and smarts, just like other elite defencemen who led their teams to the Cup. Hedman is more physically imposing, has the kind of long reach that is frustrating the Blackhawks and the wherewithal to see plays developing seconds before they do.

Lightning veteran Brenden Morrow likened Hedman to Hall of Famer Scott Niedermayer, perhaps not as smooth but with the same kind of ability to get around the ice. In this series he is Tampa Bay's answer to Keith, the 31-minute-a-night defenceman who has been the Blackhawks'



hawks' star Jonathan Toews, right, so far in the Stanley Cup Final MIKE CARLSON/GETTY IMAGES



He's great player, he's a big guy, he can skate, he can move, he can pass, he can shoot. He's got all the tools.

Chicago defenceman Brent Seabrook

best player.

"In a lot of ways, yeah, he is a guy like Duncan who makes, more times than not, the players he's out there with better," Chicago captain Jonathan Toews said Tuesday. "He's a catalyst when he's in his own zone or when

he's in the offensive zone. He's one of those guys we definitely need to get on a little bit more.

Hedman, a Conn Smythe candidate if the Lightning win, presents a two-sided problem for the Blackhawks. For one, he and Stralman have for the most part clamped down on Toews and linemates, and at the other end he has wreaked havoc with a series-high four assists.

In Game 3 Monday night, Hedman made the two best plays of the night. With Callahan waiting at the far blue-line, the young Swede saw a Chicago defender fall and sent a perfect tape-totape stretch pass to him for the first goal.

With just a few minutes left and the score tied, Hedman carried the puck up the ice, froze the Blackhawks and threaded a pass that Paquette just had to re-direct into a wide-open net.

"I try to take advantage of my speed obviously and try and take what's there," Hedman said. "For me it's all about trying to make the plays that's there and don't try to force things too much and try to use my strengths as a player.'

His Lightning teammates have known those strengths — his size, his poise, his vision and more — for years. Coach Jon Cooper pointed out it's often a long evolution for a defenceman, and that Hedman, now in his sixth NHL season and second long playoff run, "has arrived." THE CANADIAN PRESS

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Rose Reisman rosereisman.com

Sweet peas puréed with Parmesan and a light mayo dressing are so delicious served over a toasted crostini. An easy and bright appetizer for summer.

Ready in

Prep time: 15 minutes

Ingredients

- 8 slices baguette (1/2 inch thick by 2 inch wide)
- · 2 cups frozen peas, defrosted and drained
- 1 small garlic clove
- ¼ cup grated Parmesan cheese
- 2 Tbsp light mayonnaise
- 1 tsp lemon juice
- · Salt and pepper

- · 3 Tbsp olive oil
- · 8 cooked baby cocktail shrimp

Directions

- 1. Spray baguette slices with oil on both sides. Toast or broil until brown on both sides.
- 2. In a mini food processor, add remaining ingredients except for shrimp. Purée until smooth.
- 3. Divide over baguettes and garnish with one shrimp per slice.

Nutrition per serving

- · Calories 165
- · Carbohydrates 21.5 g
- Fibre 2 g
- Protein 7 g
- Fat 7 g
- · Saturated Fat 1.5 g
- · Cholesterol 10 mg
- · Sodium 245 mg PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

- 1. Old Rome's 1300 5. Wing __ prayer 9. Pipe alternative 14. "Whoops!" 15. _ _ Athlete Dying Young (A.E. Housman poem) 16. Commander
- (Lorne Greene's "Battlestar Galactica" role) 17. The variantly-
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- Kwakwaka'wakw 20. Newfoundland: Twillingate = 'The Capital of the World
- 21. Investigations 22. Mr. Craven 23. Watercol-
- our hue 25. Cousin of "Pshaw!"
- 28. "Isn't _ bit much?" (Overthe-top obser-
- vation) 30. Chatter, variantly
- 34. Fragrant oil from flowers 36. Sandwich orderer's specifica-
- tion: 2 wds. 38. Mr. Cheadle 39. Trendy avenue of Edmonton's historic Old Strathcona district
- 40. Classic range ing person cooker company 54 Mr. Asner's 41. Frighten 56. Ground sesa-43. Conger _ mes paste
- 44. Power 46. _ New Guinea 47. Jackie Wilson's Petite" 49. Hvmn 51. After mil. com-
- bat affliction 52. Apprais-
- 63. What posters urged Canadians to do in WWI in order to raise money: 3 wds. 66. Skyscraper fram ing material 67. Put _ _ writing 68. Nav. rank

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of the Opera 61. "I've Got the Music

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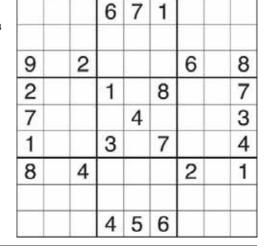
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CONCEPTIS SUDOKU by Dave Green Every row column and box contains 1-9

42

55



* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20 Don't just sit there brooding about your problems, get up and do something about them. Better still, forget about them altogether and have fun with your friends. Life is only a trial if you choose to make it a trial.

Taurus April 21 - May 21 If you receive a financial offer of some sort today you must make up your mind about it straight away. If you leave it until tomorrow chances are it won't be there any more, so say 'Yes' or say 'No' but say something!

I Gemini May 22 - June 21 Mercury, your ruler, turns direct tomorrow, so if there is something you need to say you should wait to say it until after then when the words will come more easily and others will be more prepared to listen.

Cancer June 22 - July 23 You feel trapped, unable to move one way or the other. But who says you have to move? Who says you have to do anything? Most likely the only restrictions in your life are the ones you have placed on yourself.

Leo July 24 - Aug. 23 The things you believe in today will not be the things you believe in towards the end of the week. Your views and opinions are about to undergo a major change. Be flexible.

Virgo Aug. 24 - Sept. 23 If a colleague tries to lay the blame for some kind of failure at your door today you must let them know you do not accept their verdict. Joint projects mean joint responsibility: they would soon claim the glory if it was a success

Libra Sept. 24 - Oct. 23 Something you've always believed in will be called into question today but don't abandon it yet. It might be the case that someone is deliberately trying to put doubts in your mind - for their own glory and profit, of course.

Scorpio Oct. 24 - Nov. 22 Check the small print and scrutinize the details of anything that is put in front of you today. The planets warn there is something there you won't agree with. It may not be a deliberate error but it could still be costly.

Sagittarius Nov. 23 - Dec. 21 If there is something important you need to say to a partner or relative put it off until tomorrow when Mercury, planet of communication, resumes its normal direction. After that, "I love you" will be a lot easier to say.

Capricorn Dec. 22 - Jan. 20 You may have to work with someone you do not much like over the next 24 hours. If you're smart you'll hide your feelings and get on with the job. Just because you don't like them does not mean you can't work with them.

Aquarius Jan. 21 - Feb. 19 Avoid making any promises until Mercury, planet of communication, turns direct tomorrow when you will have a far better chance of delivering on them. You can still be enthusiastic but don't get carried away.

Pisces Feb. 20 - March 20 A few words from you could be all it takes to cheer up someone who is depressed. Remind them they still have much to smile about, that life is supposed to be fun. You are, after all, living proof of that fact.



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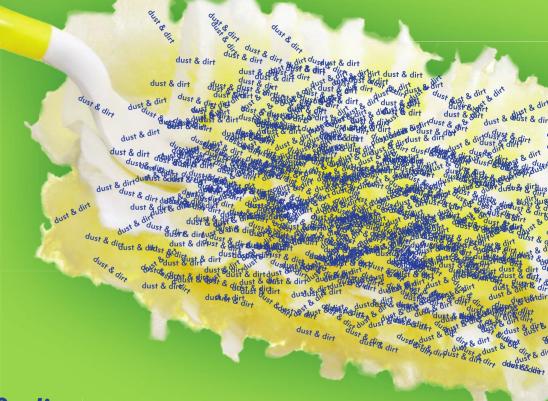






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